

Juno – the Goddess of June

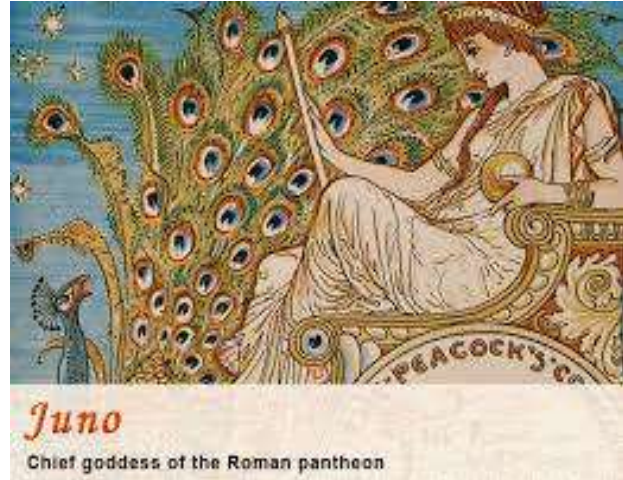
by Bill Brubacher

Feeling good about yourself should be the ‘right’ of all women, and what better month to claim this ‘right’ than June, named for the Roman goddess Juno, touting the “wellbeing of women.”

So it’s ok, if you wish, to add the prefix Juno to your name for the month of June.

For example, if your name is Mary, then Juno Mary is your rightful crown for the month!

And, what better daily reminder than to bestow on yourself the rights of a Roman Goddess – whether you’re Roman or not. After all, you have the right to think of yourself in any way you wish!



And if you’re married, make it a court decree and command your loyal subjects to obey.

So, what does that ‘right’ to wellbeing look like? Naturally, it means different things to different women. And what does it mean to you?

Well, in the first place it’s likely a well-deserved gift to yourself – long overdue. And where do you begin? Well, for starters why not turn that endless “To do” list into a Fun to Do list for a change?

And give yourself the “right,” as in permission, to do all the things that would add to your wellbeing.

For example, by turning:

- I don’t deserve to I do deserve
- I don’t have the right to I do have the right
- I don’t have time to I do have the time
- I don’t know how to I do know how or I will find out

Be creative – let your imagination loose...

And by the way, do you see the repetition of a certain phrase there?

No, it’s not “I don’t” ... it’s “I do.” Recognize it?

Well that’s because Juno was also the patroness of marriage. So whether you’re married or not, establishing a new relationship with yourself or with your spouse might be something to also consider as a part of your wellbeing plan for the month. It’s all up to you!

Let's face it, the better you feel about yourself, the better others will also feel about you. It works that way and inspires others as well. So do yourself, and others, a favour. It's easier than you think... Try it! Next time you buy something – see and feel yourself as rich. It's that "Goddess" feeling...

If you change the way you look at yourself (Goddess) – the way you see the world will change and others will change the way they see you.

OK, getting started. Keep it simple as it may be a first, new way of looking at yourself in quite a while.

Externally – it might be a new hairstyle; or shoes; or blouse.

Don't pass up the opportunity for bargains. Wellbeing should have nothing to do with spending more than you can afford. In fact, the challenge to get more for less can also be a boost to wellbeing!

Internally – it could mean taking time to read a book or favourite magazine again; starting a new exercise program even if it's nothing more than a daily walk; trying a new recipe; using positive self-talk to feel better about yourself; taking an online course of interest.

Whether it's internally or externally, either or both, wellbeing starts with a small commitment to do something good for YOU.

Wellbeing is your personal right, so don't let anyone take that right away from you. Too many people think wellbeing is their right to use others for their own wellbeing. If you're in that situation, then stop it, or at least begin to do a few things for yourself to restore your own sense of self. It's the best investment you can make in yourself.

Besides, you really can't go wrong feeling like a Goddess for a month, and who knows, it may even last longer....

Enjoy your new Juno life, girl!

Now, go and take a good look at yourself in the mirror. Come on...

Stop and really look back at yourself – rather than that often quick look to see if your lipstick is on your lips – then say something positive about yourself ... slowly, and with conviction.

And if you do that every time you look in the mirror, well, that's what wellbeing – Goddess style – is all about!